

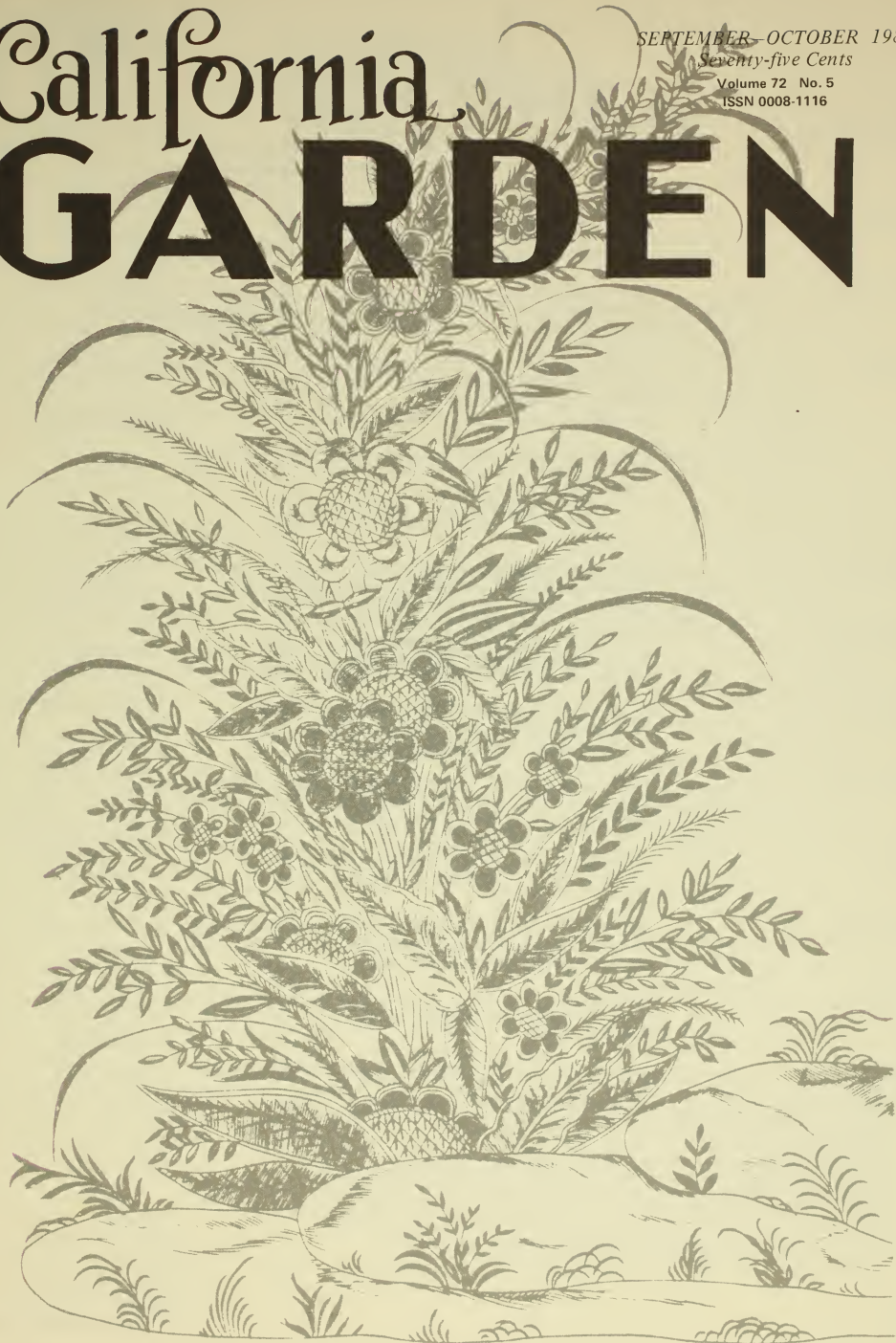
# California GARDEN

SEPTEMBER-OCTOBER 1981

Seventy-five Cents

Volume 72 No. 5

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## FLORAL EVENTS

SEP 3, 10, 17, 24  
and OCT 1, 8, 15, 22, 29

THURSDAY WORKSHOP — "Open to the Public"  
Free Floral Crafts Instructions — Pay us a visit; you might like to join us.  
Casa del Prado, San Diego Floral Asso. Garden Center, Balboa Park, San Diego  
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SEP 24, 25, 26, 27

CALIFORNIA GARDEN EXHIBIT and MAGAZINE SALE  
1981 Fall Home Show — San Diego Sports Arena  
Thu/Fri: 3:00–10:00 PM; Sat: 11:00 AM–10:00 PM; Sun: 11:00 AM–6:00 PM

OCT 10, 11, 12

SIXTH ANNUAL FLOWER SHOW: "BEAUTY AND THE BEASTS" & PLANT SALE  
Sponsored by the *San Diego Floral Association* and the San Diego Wild Animal Park  
10:00 a.m. to 4:00 p.m. Sat–Sun–Mon San Diego Wild Animal Park, San Pasqual, Calif.

OCT 20

FLOWER ARRANGING WITH ADRIENNE  
Casa del Prado, Majorca Room, Balboa Park, San Diego  
Tuesday, 9:30 AM to 3:00 PM  
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## FLOWER SHOWS

SEP 19, 20

SAN DIEGO BROMELIAD SOCIETY SEVENTH ANNUAL SHOW  
Casa del Prado, Majorca Room, Balboa Park, San Diego  
Sat: Noon–5:00 PM; Sun: 11:00 AM–5:00 PM FREE

SEP 26, 27

SAN DIEGO BONSAI CLUB, INC. FALL SHOW  
Casa del Prado, Majorca Room, Balboa Park, San Diego  
Sat: 10:00 AM–5:30 PM; Sun: 10:00 AM–5:00 PM FREE

OCT 3, 4

BALBOA PARK AFRICAN VIOLET SOCIETY "MINI" SHOW  
Casa del Prado, Majorca Room, Balboa Park, San Diego  
Sat/Sun: 10:00 AM — 4:30 PM FREE

OCT 17, 18

NORTH COUNTY ROSE SOCIETY FIFTEENTH ANNUAL ROSE SHOW  
Plaza Camino Real Shopping Center, Carlsbad  
Sat: 1:00–6:00 PM; Sun: 11:00 AM–4:00 PM FREE

OCT 17

CALIFORNIA NATIVE PLANT SOCIETY ANNUAL SALE  
Casa del Prado, Patio "A", Balboa Park, San Diego  
Sat: 10:00 AM — 4:00 PM

OCT 17, 18

IKENOBO CHAPTER OF SAN DIEGO SIXTH ANNUAL FLOWER SHOW  
Casa del Prado, Majorca Room, Balboa Park, San Diego  
Sat/Sun: 11:00 AM — 4:30 PM FREE

OCT 25

CONVAIR GARDEN CLUB CHRYSANTHEMUM & FALL SHOW  
Casa del Prado, Majorca Room, Balboa Park, San Diego  
Sun: 1:00–5:00 PM FREE

OCT 31  
and NOV 1

SAN DIEGO TROPICAL FISH SOCIETY ELEVENTH ANNUAL SHOW  
Casa del Prado, Majorca Room, Balboa Park, San Diego  
Sat: Noon–7:00 PM — Sun: 9:00 AM–4:30 PM FREE





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NUMBER 5

FRONT COVER Basket of Flowers, from *Stalker's* "Treatise of Japaning"—Oxford, 1688.

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## CALIFORNIA GARDEN'S 73RD YEAR



In its DIAMOND JUBILEE YEAR, *San Diego  
Floral Association* continues to publish *San  
Diego's* oldest garden magazine and its writers  
and artists continue to donate their time and  
expertise.

In 1909, with the encouragement and co-  
operation of the *Chamber of Commerce*, the  
first issue came off the press. The magazine's  
specific purpose was to help beautify the city  
by providing authoritative information on  
gardening in this unique area.

In its 73rd year *California Garden*, a non-profit  
publication, is dedicated to its original purpose  
and continues to offer gardening knowledge  
from experts—trees to house plants, vegetables  
to orchids, common to exotic.

# Herbs

## Ancient to Modern

by *Muriel Knight*



ARTIFACTS AND OTHER evidence discovered by archeologists and researchers prove that herbs played an important part in the individual and communal life of early man. Legends and early records disclose that herbs and other materials were used as incense. Under the direction of the priests, sweet-smelling substances were burned to please or appease the gods that dwelt in the trees, the rocks, and the heavenly bodies. These ancient priests, as they became aware that many of these herbs possessed curative powers, eventually became medicine men and so extended their power as religious leaders. Since most of the gods were imagined in human form with man's emotions, they reasoned that the things which pleased man would please the gods and that man would benefit. Sacrifices and offerings, and incense above all, were used to invoke the gods' help.

Many of the herbs mentioned in the folklore and literature of the lands surrounding the Mediterranean were indigenous to those countries, among them the aloes, myrrh, spikenard, and frankincense used in incense, perfumes, and oils. Others came with the ancient spice caravans from Asia down the Euphrates and by the Caspian and Red seas.

Herbs had been known and used in China as early as 3000 B.C. One of the earliest classical herbals was put together by the Red Emperor, Shen Nung, who no doubt appeased his fiery temperament with the use of herbs. It is said that he valued the use of ginseng, the king of herbs, above all, for among other virtues it promoted longevity. Many herb plants from

China and neighboring tropical lands have contributed much to western medicine: chaulmoogra oil for the treatment of leprosy, rhubarb, castor oil, aconite, camphor, hemp, and rauwolfia. This last one has come into use for the treatment of emotional and mental conditions and for high blood pressure.

Assurbanipal, King of Assyria, who reigned 668-626 B.C., was said to have in his library a Sumerian herbal tablet copied from one which had been written in the second year of the reign of Enlil Bani, King of Isin in 2207 B.C.

Archeological explorers in the Syrian town of Ashara (also called Terga), found pottery vessels dating from 3500 B.C. One of the jars had been preserved upside down, trapping its contents and keeping them safe. The contents were a handful of cloves—perhaps the oldest spices of record and an interesting indication of the extent of the spice trade.

About 2500 B.C. India was ruled by the great Buddhist king Asoka. During his reign medicine was well organized. Medicinal trees, plants, and herbs were grown and dispensed from a state pharmacy, not only for men, but it is said, "In accordance with the gracious Buddhist rule" for the lower animals as well. The Indian monks were urged to travel about with medical manuscripts encouraging the use of vegetable or herbal remedies. They were commanded to go out among the "Terrible and powerful, both here and in foreign countries, and bring them to righteousness." All this when the western world was



struggling out of barbarism.

Imhotep, the great Egyptian priest, vizier, and physician who designed the first pyramid, lived about 2000 B.C. He was a well-loved man who healed living men and was said to care for them after death. All through these centuries herbs were an agent of healing. It is recorded that mummies had bunches of herbs placed in their hands. Later on when the serpent became a sacred symbol, it was said to have a knowledge of herbs. The statue of Aesculapius depicts the serpent with an herb in his mouth.

The Hebrews used many of the same herbs as the Egyptians and the names of these herbs and plants run through almost all of the books of the Bible like a refrain.



Das ist ein Regiment der gesuntheit durch  
alle Wonadren gängen Jarco/are  
man sich haltet sol mit essen vnd  
auch mit trinken vñ süget  
auch von der last lassen.

"A Bath Medicinable" | Strassburg, Mathias Hupfuff

The Greek physician Hippocrates, called the father of medicine, was born in 460 B.C. More than half of the 400 herbs he used are still in use today. He taught the values of plants for treating human ills in temples of Aesculapius—the Temples of Healing. Soon the ships of Alexander began returning from their conquests laden with plunder. Among the treasures were herbs, spices, mangrove, cotton, euphorbium, and many others.

Theophrastus, a pupil of Aristotle (and so devoted a gardener that he willed his body to be buried in one of his flowerbeds to feed his plants) wrote his *Inquiry Into the Nature of Plants*, which included the new oriental ones. He also was the first to tell of the Rhizomatists—herbalists who wove their lore into a semireligious cult and practiced magical rituals very much like those of the Druids, using ceremonial and ritual gathering; for example, henbane

was gathered at the waxing of the moon. The cult lasted well into the Christian era and much of the Saxon wortburning and medieval witchcraft is derived from their practices.

In the second century the chronicler Pliny gathered together a great quantity of information on old beliefs and herbal lore and old religious cults in his *Natural History*, books 12 and 19.

Probably the most influential in the field of early medicine and so of herbs was the work of Pedanius Dioscorides, a doctor in the legions of Rome, who lived about 50 A.D. His *Materia Medica* became a source for all other herbals thereafter. Around 400 A.D. *The Herbarium* of Apuleius the Platonist, which drew heavily on Dioscorides' work, appeared in Latin, which made it more accessible to many. It contains methodical listings of herbs under Latin, Greek, Punic, Tuscan, Egyptian, Syrian, Gallic Spanish, and even Biblical names.

By the 10th century the Anglo-Saxon *Leech Book of Bald* drew on the lore of Dioscorides, but combined it with such Saxon folklore as given in the famous *Lacnunga*, an 11th century spell book which contained the incantation of the Nine Herbs charm. Bald was also able to use certain Eastern prescriptions which had been sent to King Alfred the Great from Helias, Patriarch of Jerusalem. This was rather a fearsome time of warring kings and Danish invasions. The forests were threatening, dark, and haunted by giants, elves, and monsters. These tales recall the old Norse myths of Grendel, Hnirk, and the water elves who inhabited the sea and the desolate fens. The *Leech Book* has many prescriptions for overcoming their evil. It is easy to understand the reverence in which the people held their herbs and why they used respectful ceremonies in gathering them.

During the Middle Ages, monasteries were being well-organized on the continent with their physic gardens and agricultural crops. In 597 Augustine brought his monks to Kent. The monastic settlements were surrounded by walls after the forests were cleared. Plants were brought from the continent, life became organized, and horticulture became highly developed. To the monasteries we owe in large part the preservation of medical tradition. They were a refuge in time of trouble; rich and poor, soldier and farmer all sought medical treatment from the monks. The monk Walahfrid Strabo is my favorite. Born in Swabia in 808, he was a poet, historian, and theologian.

In his beautiful poem, *The Hortulus*, or *The Art of Gardening*, he describes flowers and herbs and tells of their mythological and Christian significance and healing properties, though he was best known for his theological writings.

A prominent herbal writer in the 15th and 16th centuries was William Turner, the Dean of Wells. He was also a botanist and his *English Herbal* gave the names of plants in Greek, Latin, Dutch, English, and French. One of my favorite writers of this period is Thomas Tusser, a farmer who put his ideas into print in *Five Hundred Points of Good Husbandry*, written in 1573. In it there is a long list of herbs that he deemed necessary for his farm and household.

## Herbs for Cooking

MANY OF THESE HAVE HEALING VIRTUES ALSO



Mediaeval Cooks from KÜCHENMEISTEREY, Augsburg, Johann Froschauer, 1507

During the 20th century official interest in herbs revived due to the outbreak of two world wars. Britain and Europe found themselves cut off from their oriental and American supplies. The British Ministry of Supply organized methodical herb cultivation and even school children were organized to search for wild herbs and rose hips.

In the last few years a great many books on herbs and herbalism have been printed; some of them are good, and they complement each other. The last

of the great herbals was published between the two world wars. A great herbal gardener, Mrs. C. F. Leyel, had founded the Society of Herbalists in 1927. In 1931 Mrs. Leyel published her famous *Modern Herbal* using as its basis a series of pamphlets written by the herbalist Mrs. M. Grieve. It is now regarded as the standard and most complete herbal encyclopedia in the English language.

Interest in herbs has grown steadily in the last forty years as some of our more accomplished herbalists today can attest. To be growing a plant that is beautiful, exuberant, and good for one is a delight. Herbs were among the early offspring of Mother Earth. In all of this time, herbs have lost none of their power. They helped mankind hundreds of years ago and have been in continual use ever since. They are a joy to those who touch them and the deep pleasure in the study of them will endure as we share that knowledge and bits of our own green magic. □

Mrs. Knight is a member of the *San Diego County Herb Society*. After retirement Muriel found herbs to be a fascinating hobby.

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 Rohde, Eleanor Sinclair - *The Old English Herbals*  
 Wheelwright, Edith Grey - *Medicinal Plants and Their History*

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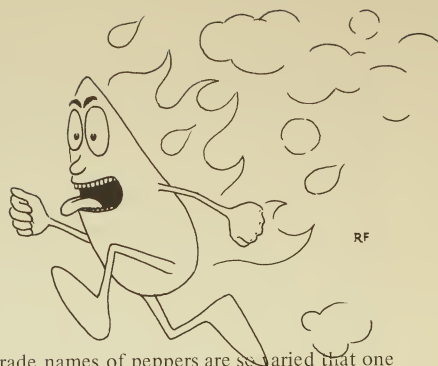
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LA JOLLA 454-4241



## Some Like It Hot!

by Rosalie Garcia

Drawings by Robert Francis



EVERYBODY KNOWS peppers. On nearly every table are pepper and salt shakers; the pepper is black and is best when freshly ground over food. Its use goes back to the spice trade developed between Europe and the Far East, to reach its peak in the 14th to 16th centuries.

Black pepper, *Piper nigrum*, grows commercial-

Trade names of peppers are so varied that one can use only descriptive names of types to distinguish them. The bells or globes are sweet and either thin and crisp-walled or thick-fleshed and usually sweeter, as are the pimientos with their distinctive flavor. These are commonly used for canning. The crisp ones are better for salads, and for chopping or slicing.

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## Peppers Hot and Otherwise

---

ly on vast plantations principally in India and the East Indian islands. It will grow in any tropical climate. In the wild it is a vine entwining trees and shrubs, but in cultivation it is pruned to shrub form. The berries are harvested when mature, the seeds removed, and the flesh dried into little black balls usually called peppercorns. The seeds are dried, ground into a tan-gray powder that we know as white pepper. It is hotter than the black, but its distinctive flavor adds much to soups, sauces, pastas, potatoes, and eggs.

Equally familiar in our lives are the peppers that we grow in our gardens, especially in areas where we have three or four months of warm and hot weather. They are in the same family—Solanaceae—as tomatoes and potatoes, but in the genus *Capsicum*. These peppers, all originating in the tropics, have been adapted to the temperate zones and are used more as herbs to season or enhance our food, rather than as a nourishing food. They contain many of the essential vitamins and minerals, but little to stick to the ribs.

We divide them into hot and sweet, but there is a vast area between that is a matter of opinion and taste.

Green ones are in our markets most of the year, but the ripe ones, deep reds, sometimes yellow, and almost purple, are really better for flavor.

Another sweet one is the much smaller cherry pepper, a most decorative plant when potted and a bonus to a balcony. These are often used in pickling.

Burpee lists twelve varieties of sweets tested to grow well in California's many climate zones. They may be long and slim or short and stubby; green, yellow, or red. All of these sweets are annuals easily grown from seed that should be started in a warm place in February. When the plants are 3 inches or more high, transplant them into rich alluvial soil in a sunny location and keep moist.

The not-so-hots are a matter of opinion. They are definitely not sweets and they do not set one on fire but have a definite sting.

The stubby dark green, sort of tough, jalapeños which one can buy by the gallon in Mexican markets, canned in oil and vinegar, grow easily and bear bountifully in southern California gardens. They are mildly hot, even if too hot for many. They also have a distinctive flavor.

The long slim green Anaheims are the base of the Mexican dish chili relleno. They must be skinned



by scalding or toasting under a flame, stuffed with shredded cheese, dipped in batter and fried. These are mildly hot, but if seeded and deveined, much of that heat is removed.

Those tubs of pea-sized dry ones in Mexican markets—the ones we buy in small plastic envelopes—are chili tepines. The Mexicans crumble them over their beans.

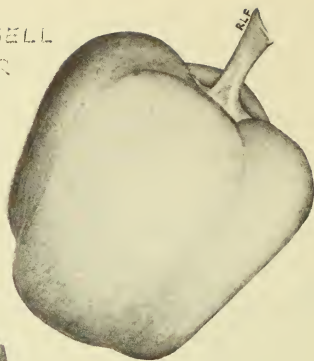
In late summer there appear in our markets bins of small yellow-green, sort of heart-shaped peppers that are mildly hot, tough, and best when chopped or pickled. They are sold under different names.

Now we come to the hots. There are no qualifications about these: they are just hot—fiery, burning, and searing. I cannot explain why anyone would choose to eat them. They just enjoy suffering is all I can say.

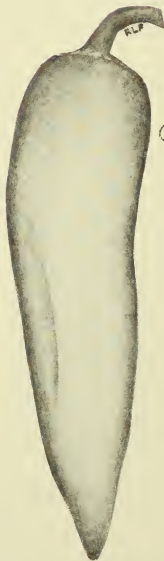
One of the wonders of my childhood was my paternal grandmother—an austere, frugal, devout Scottish woman who grew and always had a saucer of long slim green and red cayenne peppers beside her plate. She chopped two or three of these and scattered them over her plate of turnip greens, black-eyed peas and rice or hominy, after wiping her hands on a damp cloth she had provided. She never offered me the peppers, and her two daughters did not eat them. I was about 6 years old when one day the spirit of daring and adventure goaded me into biting into one of the peppers before she sat down at the table. It was in that instant I knew complete agony. My mouth and throat were being consumed by a flame; I was gasping for breath. I dashed out to the well in the side yard—water only increased the fire. My aunt came out with a big spoonful of butter and a glass of buttermilk with little dots of butter. That all helped. She took me into the house and put me on the bed, a huge four-poster with a trundle-bed underneath. I did not want any dinner, I wanted only to go home. She took me home across the pasture and the main road. No one said anything. I had learned I couldn't take it. I have seen teen-agers "prove" themselves by eating hot peppers without flinching. Some have collapsed into crying fits.

It was a long time before I could take for granted my husband's daily performance with only one-half of a tiny Tabasco-type pepper we grew. A friend had sent him three seeds from the interior of Mexico, which we planted. We got one plant, a

SWEET BELL  
PEPPER



MILD LONG  
GREEN CHILE



CHILE DE  
ARBOL



CHILE TEPIN



JALAPEÑO  
CHILE



perennial that did nothing for three years, then along its branches it sent up clusters of upright peppers about ½ inch long. They were tapered, they turned red quickly, and they stayed on the plant a long time. This plant produced for more than ten years before we sold our home. That pepper or one like it is the one grown in southern Louisiana and is the source of our Tabasco sauce, which my husband claims is much reduced in strength. He says the one we grew was the hottest he had ever eaten.

After his period of puffing, snorting, and apparent agony, with sweat rolling down his face, he calmed down and declared he felt relaxed and was ready for a nap, or to go to bed for the night. Maybe that is the pay-off.

Most of the long strings of peppers hanging by the doors of Mexican cottages and some of our farm houses are the hot ones. The Mexicans grind them to a powder in stone mortars to make their chili powder. Chili is the Spanish word for pepper. The chili we buy is made from peppers grown for that purpose and mixed according to formulae to produce different degrees of flavor, only one of which is really hot.

As the song says, "some like it hot." □

**Rosalie**, as a child, was learning to garden from her grandmother and gardening has been a part of her life ever since. She has written for *California Garden* magazine for over 15 years and has lectured on herbs, rare fruits, and unusual vegetables.

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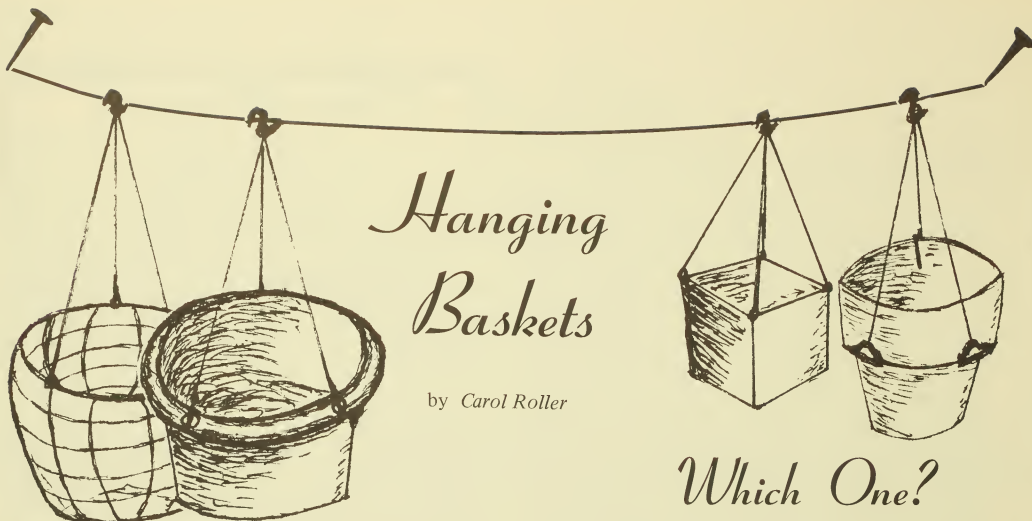
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Sketches by Skipper Cope

**Carol Roller**, a past president of the *San Diego Geranium Society*, has specialized in collecting plants of the geranium family. Her long experience with growing them in hanging baskets and other containers is the reason we ask her to share her knowledge with our readers.

HANGING PLANTS SEEM to be in vogue these days. Small wonder—a hanging plant can be the perfect way to bring a flowering plant to a home without a garden. On the other hand, hanging a plant is a way for some of us to accommodate one more plant when we already have a gardenful.

The quickest way to get a hanging plant is to buy one at a nursery already established in a basket. Most commercially planted baskets are round plastic containers with wire hangers, or four-sided wooden boxes with a single wire from each side or corner. Cheap wooden ones are often sold with only a single wire looped through two opposite sides. These are not worth buying. However, if you are preparing your own basket, there are other types which can be used.

A well constructed wooden container, either homemade or purchased, can give years of reliable

service, but hastily made ones warp and the nails pull out, allowing the sides to separate.

The popular round-bottomed redwood basket with metal bands is satisfactory for a year or more, but eventually the end boards are forced out of place by the growing plants and the bands corrode, causing the bottom to fall out. Another disadvantage of this model is that it needs to be lined with a perforated sheet of plastic because water will pour out between the slats, taking the soil with it. The inverted pyramid-shaped baskets have the same fault.

Several kinds of openwork baskets made of plastic or metal are widely sold. These need to be lined with nylon net and a layer of moss, leaves, or palm tree fiber in order to hold the soil. This layer reduces the amount of soil that is available for root growth. The net holds the lining in place and prevents its loss to birds that are out looking for nesting material. After a while, growth and natural settling forces the layer of padding to bulge and sag. The welds on the metal baskets often break loose easily. Many of the metal baskets also rust.

Another form of openwork basket is collapsible and is hung by chains. Planting this type is a challenge. First it must be hung within reach. As with other openwork types, it must be lined, then planted and watered carefully. One big drawback



with this basket is that, until the plants are well established and roots have filled the entire soil mass, the basket cannot be set down. It must remain hung to prevent collapsing and spilling the contents.

All the openwork baskets dry out quickly and are hard to manage in hot-summer areas. One way to use them more efficiently is to plant into a plastic pot which will fit inside the basket. The space between the basket and the pot can be filled with moss.

Many common green plants for indoor use are sold in 6- to 8-inch round plastic pots which have been punctured half an inch or so below the top edge of the pot in order to hang it by inserting the crimped ends of a wire. This is quite satisfactory for many kinds of plants, especially those that need to be kept uniformly moist. These pots are not satisfactory for pelargoniums because the space around the wire allows the water to escape. To water sufficiently, the usable watering space of such a pot must be filled at least a second time.

An ordinary pot can be used to hang a plant by using a wire hanger which holds the pot by exerting pressure under the lip. The effect of a hanging basket can also be created by attaching a pot to a fence or post, using a special clip to secure it. This latter arrangement will produce a three-sided plant which drapes, but does not rotate in the breeze. With either method, the size of the pot is limited to about 8 inches.

It is also possible to hang a pot by using a sling or harness—macramé, leather, and chain are all suitable. Ceramic, metal or any other heavy containers are poor choices for hanging because of the excess weight. Wrought iron cages look appealing and are fine for many types of plants, but will obstruct the grooming and pruning of pelargoniums.

The type of basket I prefer for my own use is an 8- or 10-inch rigid plastic one with a flange which is drilled to accommodate a 3-wire hanger. The less rigid plastics go out of round very easily; the soil washes to the lower side of the basket and it becomes increasingly difficult to water properly.

Some hanging baskets, mostly the plastic ones, come with saucers. When using these for pelargoniums and other plants that require unobstructed drainage and airflow, it would be best to remove the saucers. If a dripping basket is detrimental, it may be necessary to take the basket elsewhere for watering.

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Often times one must buy hangers separately. The recently popular plastic ones are not very rugged or versatile. The straight wires held together by a closed **S**-hook are inexpensive, but a gardener needs at least three hands to attach a four-wire model to a basket because the hook has no flexibility and the wires shift just enough to hang up on each other. Other versions in which the wires themselves are twisted together to form a loop or a hook are more satisfactory. All of the erect wire types are easier to hang and take down than the chain or fiber ones.

A basket can be hung anywhere there is adequate light and space, either by screwing a hook or eye-screw securely into the overhead or by casting a line over a beam or a tree limb. The distance between the hook and the basket can be bridged with chain, rope, or wire, as one prefers. My favorite material is all purpose nylon cord which is widely available, relatively inexpensive, does not rust, lasts for several years, and allows the plant to turn freely without attaching a separate swivel. I put a length of cord through the eye of the screw and tie the ends together at the lowest point I expect to hang a basket. To hang the basket higher, I simply tie off the cord at a higher point. It is not an artistic system, but it is practical.

Another way to hang a basket is to use a wrought iron arm. This attaches to a wooden post with conventional screws and will accommodate only a moderate-sized plant. To allow the plant to turn freely, a fishing swivel mounted between two **S**-hooks may be needed.

A variation of the arm is a broad-based hanger which is chained to a post or tree. Mounting it against a tree is a short-term setup at best. It is very easy to forget that the tree is growing and separating the links of the chain a little at a time. By the time one realizes this, the basket may not be hanging anymore!

With so many choices available, surely there is one that will be exactly right for those hanging baskets in your garden or home. □

# Sing the Blues

by Josephine Gray

The late **Josephine Gray** was for many years herb editor for *California Garden* magazine.

SOMEBODY ONCE SAID that blue is the dearest color God ever made. It is not a strikingly unique thing to have said, but I think of it every spring when rosemary is in bloom, the purest blue-violet with the sun shining on it. From a little distance you can almost see the color vibrate, but on an overcast day or when the shadows fall in the late afternoon it is cobalt blue.

This rosemary grows to be a great tall shrub as does one with light blue flowers. Then there is a recumbent variety which foams over a wall or stitches itself along the ground in the palest of blue water color washes. Below the wall stands a row of the brilliant blues, and it is hard to decide which is the more beautiful. Three years ago all this magnificence was a handful of water-rooted cuttings.

A few people who have come to garden walk with me in the fall say that they do not have room in their gardens for anything which does not bloom. Of course, I have private reservations about such people but make bold to say, "Come back in the spring and summer."

I grant that many herb blossoms are not flamboyant, but like quiet people, the longer you know them the more you find in them to love and admire. If Henny Penny had had borage flowers fall on her she would have had reason to think that the sky had fallen. Just three plants will make an uninteresting corner come to life; the large muted green leaves are a perfect foil for the tiny cerulean blossoms that emerge to droop in a loose raceme from among them. The foliage looks soft but it is quite rough to the touch, and incidentally tastes of cucumber. Pick some of the blue stars and put them on sliced tomatoes to mystify your guests.

A row of Clary sage or a small clump of three or four is a striking affair. They have long spikes of blue and white flowers with a pinkish bract or lip beneath them. I want to describe their size, but if I say sweet pea or snapdragon you will think they look like that and they do not—they look like Clary sage and nothing else on earth. Their distinctive and indescribable fragrance is like nothing else also, and hummingbirds come to them as natural feeders all summer long. They grow tall, and I thought they

would be attractive accent plants in the perennial border, but my ordinary plan of watering was too much for them. They like a rather dry location and flourish mightily and seed themselves, too, where the watering can be controlled. This is a pleasant thing; since they are biennial it means that you always have a new crop coming on. Herb books written by eastern gardeners describe the foliage most attractively, but I have never found it to be so. Snails love it (as they seem to love all sages); consequently, its petticoats are always ragged, which is another reason for keeping it to itself and in the background. However, I am willing to fight snails all summer for the joy of having its blossoms and the hummingbirds and the fragrance.

Hyssop is another story as far as fragrance is concerned. If you are atavistically inclined, you may like the faint far away skunky scent it has when rubbed between the fingers. However, you do not have to rub it, and it is a beautiful plant to have in a flower border with its narrow dark green leaves and spikes of purple-blue blossoms which grow in fat whorls up one side of the stem. It grows very easily from seed sown in the fall or early spring, and in spite of being a perennial, it blooms the first year. Anise-hyssop would probably be more desirable to most people since its leaves are redolent of anise. Its seeds are not always easy to find and I have never discovered any plants in a nursery. Stalking elusive plants is one of the interesting things about being an herb gardener detective.

The innocent blue of the little flax plant is a heartlifting thing to have among your flowers, or if you have the space, a little pool of them is a delight not only to look at but to cut from for tussie-mussies or miniature arrangements.

In the cold part of the year dentate lavender is blue-purple, but the evergreen foliage and its ever blooming flowers make it one of the most loved and most important herbs in my garden. There is a variety with gray foliage and the lavender-bluish flowers stemming up from it are enchantment.

When you sing these blues you are not downhearted; they are all in the major key, and their melody will lift your heart to the blue sky. □

# Queen of the Night

Text and photos by Jan Prell

**Jan Prell**, president of the *San Diego Bromeliad Society*, finds gardening and photography fascinating hobbies.

IN AN OUT of the way corner of my garden an unusual and interesting plant is overlooked most of the year in favor of more attractive specimens, but during the summer months it becomes the star attraction with its spectacular display of large white flowers so fragrant they perfume the entire area. This ugly duckling, known as "Queen of the Night," is often mistakenly called a night blooming cereus.

You cannot help noticing this plant's unusual foliage. Its flat, thin, spineless branches are waxy green and deeply lobed or scalloped. In addition to

unusual stems the plant bears an eye-catching array of spectacular, large (8 to 9 inches), fragrant white flowers. It blooms during the warm summer months of July to October.

The saucer-like blooms, with bright white petals reddish on the outside, are easily spotted in the moonlight and their fragrance simply cannot be ignored. It permeates the area, demanding your attention. On a warm summer evening it perfumes the entire neighborhood. You must take the time right then to enjoy the beauty and rich sweet fragrance





for, unfortunately, the blooms put on their display for only one evening. The next morning they wilt and droop like ducks with broken necks. Seeing them in this condition it is hard to believe that their showy display took place only hours earlier. But all is not lost—your plant will bloom several times during the summer if you give it the proper care.

My plant has proved easy to grow, requiring a minimum of care. It thrives in the temperate climate we enjoy in San Diego, California. It makes an excellent patio plant when grown under lath or shade cloth where it receives bright but filtered light. The plants may grow quite large, so you may wish to provide them some form of support.

As to soil, use good loamy potting mixture that drains well. When watering, drench the soil thoroughly, then let it become moderately dry before watering again; this permits air to enter the soil structure, thus promoting development of a healthy root system. During winter, when the temperature drops, rest the plant by keeping the soil just barely moist—the roots tend to rot if kept too wet. To produce a maximum number of blooms feed with low nitrogen fertilizer when buds are setting. Remember to bait for snails and slugs—those nasty critters that can ruin a lovely plant overnight.

The Queen of the Night is often mistakenly called a night blooming cereus, but it is actually *Epiphyllum oxypetalum*, found from Mexico to Brazil. Confusion abounds in regard to the group of cacti called cereus. In searching through *Exotica* for the proper scientific name of my plant I came across several cereus that were night bloomers and called “Queen of the Night.” None of the descriptions seemed to fit this particular specimen, which I obtained under the name of “night blooming cereus.” They were described as ribbed and spiny whereas my plant is flat-stemmed and spineless. Noting a similarity to the epiphyllums I looked into this genus and found my plant—*E. oxypetalum*, also called “Queen of the Night.” It is considered a jungle cactus—a contradiction in my mind. I thought cacti grew only in the desert!

To some gardeners the Queen of the Night may seem like more of a curiosity than a thing of beauty. However, the fragrance and majesty of the bloom are well worth waiting for. This queen never fails to attract the attention of friends and neighbors who are drawn to it as if spellbound. Most are amazed



that such a homely plant produces this spectacular array of flowers. It is considered by some to be the best night blooming cactus for the home, never failing to put on a good show. It certainly has my vote. □

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# Basketry Plants

by Anne Galloway

Anne Galloway, writer and educator, has served as consultant to Indian education programs.



Rattlesnake Design

I SUPPOSE IT is possible to admire baskets and the artists who make them without wanting to know what the basketry materials look like as green and growing plants, but I like to know. I like to look at the plants themselves, smell them, feel them, and wonder at the genius of those women who first selected these plants for basket-making, explored their qualities, and fashioned them into beautiful and useful objects. I like having some of these basketry plants in my garden.

Among California's hundreds of species of native plants, more than fifty have been found useful for making baskets, nets, ropes, and other objects that require strong flexible fibers. While some plants are restricted to one area, such as the desert, many are widely distributed throughout the state. There is no part of California that lacks plants supplying suitable fiber.

Strands of fiber may be obtained from roots, stems, or long narrow leaves of all kinds of plants, from trees to grass. Many basketry plants, such as willows, are found in or near water. A few, such as agave and yucca, grow in dry regions.

A complete list of the species would include several trees, sedges, tules, and unlikely garden plants such as milkweed and wild grape. However, some basketry plants can have a place even in a city garden.

More will be at home on country property. They can be grown for their fibers or for their appearance only, for most of them are good-looking plants, pleasant to have around.

One of the handsomest plants used in basketry is the redbud, *Cercis occidentalis*. Its bark provides a reddish-brown strand for making red patterns in the weaving. Very popular in northern California, the redbud is not one of the traditional plants used in southern California, even though it grows in the Laguna and Cuyamaca mountains. It forms a bush or small tree with round leaves and reddish-purple blossoms that break out on the stems in a cloud of color in early spring before the tree leafs out. The tree is deciduous, but its reddish-brown seed pods, shaped like small flat pea pods, hang on the tree most of the winter.

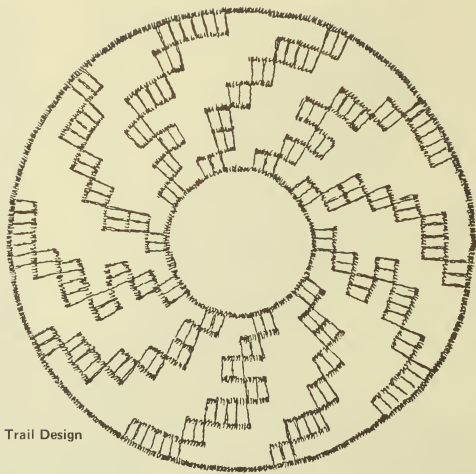
My redbuds are visited each year by leaf-cutting bees, which make neat round holes in the neat round leaves. I never see the bees—just the holes.

Ferns are another good possibility for the garden. Two kinds of fern provide black stems, one a white stem. The black ones are goldenback fern, *Pityrogramma triangularis*, and five-finger fern, *Adiantum pedatum*. Woodwardia, *Woodwardia fimbriata*, gives a white strand that can be dyed red, yellow, or some other color, with vegetable dyes, and

# s in the Garden

Galloway

Designs from *A Cahuilla Word Book*  
by Katherine Siva Saubel & Anne Galloway



Deer Trail Design

bracken, *Pteridium aquilinum*, yields a useful black root fiber.

One of the sumacs, *Rhus trilobata*, is a traditional basketry plant in southern California. It is called basket weed or basket bush by local Indian women because it is the favored plant for wrapping the coil in the traditional basket-making technique of this region. It is interesting to note that its close relatives, sugar bush, *Rhus ovata*, and lemonade berry, *Rhus integrifolia*, are never used in basketry. But the long shoots of the basket bush, gathered in fall when they are half hardened but still flexible, are ideal. An average shoot is about two feet long. The plant must be cut back or burned back every year if it is to produce good long shoots the next spring. Otherwise it gets twiggy and useless. Basket bush shoots, peeled and split, are white. They, too, can be dyed.

The basket bush is deciduous. When in full leaf it looks like a dainty version of poison oak, another relative. It does not produce a skin rash, however. It has flat red berries like its respectable relative, the lemonade berry, and a characteristic odor which immediately says "basket" to me. Some people say that the odor is unpleasant, but I like it.

The other two plants most commonly used in southern California basket making are a grass, *Muhlenbergia rigens*, and a rush, *Juncus acutus*. Neither of

them seems quite right for the garden, although the grass could be used wherever a bunch grass, like the rosy-flowered fountain grass seen along the highway, would be appropriate. *Muhlenbergia* grows about 2 to 4 feet tall but its flowers are plain green, fading to amber, rather than rosy-colored. For baskets the seed stalks are gathered in late summer.

The rush, *Juncus acutus*, grows knee-deep in water in low, marshy places. It grows 4 to 5 feet tall, in thickets, and although it is an extremely useful plant if you are a basket maker, it is not going to be at home in most gardens.

Willow, a world-wide favorite and much used here in California, presents the same problems as the rushes, sedges, wild grape and other plants that require marshes, lakes, and rivers.

If you have a canyon slope you can grow agave, yucca, milkweed, and hemp (*Apocynum*)—all native to California. These plants yield fibers that can be made into cordage. Though occasionally used in basketry, they are more often found in nets, ropes, string, and sandals.

One plant used in making thread or cord could be grown even in the small city garden. This is the iris, *Iris douglasiana*, or other California species. The outside fibers of the leaves make a fine, strong thread. Most California iris species are rather small plants but





#### BASKETRY MATERIALS

Upper: Giant Chain Fern

Right: Yucca and Palm

Below: Basket Weed (*Rhus trilobata*)



they have beautiful flowers in various shades of cream, lavender, blue, and purple.

Some of these native plants, like the yucca, are still fairly common, but others are hard to find in

their natural habitats. I remember, when I first became interested in the subject of southern California basketry, wanting to see what the plants looked like and having some difficulty in locating them.

With the help of friends I finally saw real live bunch grass in Balboa Park's Florida Canyon, basket bush in Silverwood Wildlife Sanctuary, rush alongside a country road in Riverside County, iris at the Theodore Payne Foundation nursery in Sun Valley. Rushes, grasses, yuccas, willows and many more I have been content to view and leave elsewhere, but a few plants I have taken to my heart and to my garden. I do not make baskets out of them but it pleases me to know that I could if I wanted to. I appreciate my redbuds, basket bushes, and little irises for having that something extra, a long and honorable association with craftswomen. □



# Displaying Those Tillandsias

by Jon Blackmer

Photos by JAN PRELL

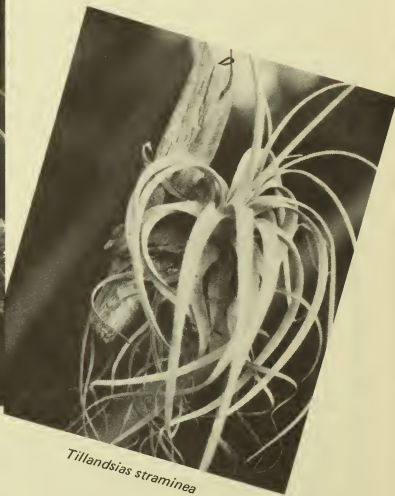
Jon Blackmer's boundless enthusiasm for bromeliads let us ask him to contribute an article. His specialty nursery is located in northern San Diego County.



*Tillandsia rothii*



*Tillandsia rothii*



*Tillandsia straminea*

THERE MAY BE as many ways of mounting tillandsias to best show off their beauty and peculiarities as there are species in this largest genus in the Bromeliaceae. There may even be one for every hobbyist who has tackled the task. Each must begin with some concept, however nebulous, of the result desired. Unfortunately, artistic expression is often sacrificed to the mechanics of joining two objects of widely differing configuration and substance. Lucky is the collector who has half a dozen plants to attach to as many burls, pieces of cork bark or whatever. Having such a choice places less strain on ingenuity. Neither ingenuity nor artistic expression can be developed within the scope of this piece, though, so

it will be concerned only with mechanics.

Start with a clean plant. Trim the dried or broken tips of the foliage of such species as *Tillandsia punctulata*, *T. fasciculata*, *T. festuroides* and any of the varieties with leaves that have needle-thin points. Remove lifeless, unsightly outer leaves that part easily from the plant with a slight pull, but cut those that cling. Opinion varies as to the reason for the latter action. There would be small harm, if any, to the parent plant, but roughly ripping away a leaf could seriously damage a pup just beginning to emerge from the leaf axil.

*Tillandsia plumosa*, *T. magnusiana*, *T. atroviridipetala* and other species which often reach the

collector with lower leaves and roots inextricably tangled together can be easily affixed to virtually anything with a touch of one of the several varieties of silicone adhesive now popular. A windshield sealer is one of them. A good white glue is fine if you have means of holding the plant in position until the glue sets, and if the species is not one that will be watered frequently or heavily.

Florist's clay, though not an adhesive, is also suitable for the aforementioned varieties, except when they are to be attached to smooth surfaces. Press a small lump of clay into the crevices of a piece of bark or a burl and then push some of the plant's roots into the clay with a pencil or similar blunt-pointed instrument. Additional clay can be used to prop small plants into upright positions when bark or burl is to be hung vertically. However, prudence demands that the mechanics of such hanging first be placed into or onto the back of the bark or burl. Attempting to add eye-screws or other means of hanging after a plant has been positioned requires considerable care to avoid damaging the plant or its arrangement.

Eye-screws can be turned into cork bark with the fingers, but getting one into the hard wood of a manzanita or redwood burl requires drilling a hole of suitable diameter and depth. Depth is important because this kind of wood is so hard that attempting to force the relatively soft metal into its solidity generally results in the screw being broken off. An electric drill can be used also to make a hole or shape a pocket in a burl for a tillandsia, particularly one of the larger species, such as *T. vicentina*, *T. oaxacana*, or *T. caput-medusae*, among others. Ingenuity assumes a considerable role here.

If the plant is to be mounted in such a position that its stem or roots would be at the bottom of the hole or pocket, the hole should extend all the way through the burl. This provides an opportunity to place moss in the rear opening where it can be kept moist and assist in any root-feeding offered the plant. Pack the moss solidly enough into the opening so that it will not fall out, but not so solidly that root growth will be obstructed. If this fine balance seems unobtainable, the moss can be supported with a small piece of window screen, chicken wire, or whatever, held with thumbtacks.

This procedure is suitable, too, when mounting a plant on a burl that is to free-stand on a horizontal surface. However, in such case, a larger pocket can

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sometimes be drilled, or a natural one may exist, that will allow a cushion of moss to be placed around the base of the plant in a thickness that will obviate the necessity of drilling through the burl.

In all instances florist's clay may be used to counteract any tendency of a plant to tip in one direction or another, or to be pulled from the desired position by gravity.



**GREENING PIN**  
(approx. 1/2 size)

Cork bark is easier to work with than burls and has the advantage of being less expensive. (Several firms which sell both items advertise regularly in the *Journal of the Bromeliad Society*.) The bark is fairly easy to pierce with greenning pins, the item most commonly used when affixing tillandsias to bark. Most florists, nurseries, and even some hardware stores carry them. The pins, which are about 2 inches long and appear suitable for holding the reptilian hair of Medusa in place, should be pushed into the face of the bark at the approximate point where the base of the plant will rest. Tender fingers may appreciate a pair of leather-faced gloves for this step; weak ones may need a hammer.

The pins should be pushed far enough through the bark that their points can be grasped with a pair of rat-nosed pliers later. The points need not be placed horizontally. Vertically is better, for instance, in the case of a *T. tectorum* or other species which may have a stem curving at a right angle below the foliage.

Cushion the plant by placing a small wad of moss inside the S end of the pin; then push the stem or roots of the plant down between the bark and the moss until it/they can be taken hold of with the fingers or a pair of pliers or tweezers. Pull the plant into the desired place or position and hold it there

while using pliers to pull on the protruding points of the greening pin from the back. When it is felt that the plant is held firmly, bend the points of the pin over until they are parallel to the back of the bark. Use florist's clay around the base of the plant to hold it in the desired position.

To attach larger plants, or those without stem or roots, to bark, spread the points about 2 inches apart before forcing them into the bark and do not allow them to protrude from the back. Fashion a piece of florist's clay into a platform for the plant. It should be about a quarter of an inch thick and at least as big around as the plant it will support. Press the platform firmly onto the greening pin and, in turn, the plant onto the platform. If the plant has roots, let them protrude through the clay. If the plant seems to be perched precariously atop the platform, make two holes in the bark, one on each side close to and about an inch above the base of the plant. Cut a 12-inch piece of half-inch thin green plastic tape sold by nurseries and center this across the plant just above the base. (This tape is strong enough to support the plant, but will not restrict its growth.) Thread the ends through the holes, pull tight, and tie together at the back of the bark.

Larger plants with stems or strongly attached roots can also be wired to bark or burls. Holes must be drilled in burls or poked through bark to accommodate the wires. Sometimes a hole large enough for a plant stem can be made in a piece of bark. Use picture wire or monofilament fishing line. Do not pierce the meristem, the point from which new growth will come. Fasten the wire or line securely in whatever way offers the greatest stability. Plants must always be firmly attached or they will not prosper. A greening pin may sometimes be used for supplementary support, but florist's clay is most often used.

All of the foregoing leaves one final step unmentioned. That step is concerned with the material used to hide wire, clay, pins, and whatever else may have been pressed into service to hold plants to hosts. That material is moss—the long, stringy kind—plus an adhesive.

Inasmuch as the moss will usually be kept moist, white glue is of no use. Stick to the silicones. There is no need to apply the adhesive directly to a plant. Rather, run an eighth-inch thread of glue close to it along the bark, burl, or clay. Then press a wad of moss that has been moistened until it is limp onto

the adhesive. Add more adhesive and moss until all evidences of the mechanics are hidden. Trim any loose ends of the moss with a pair of scissors.

Plants that later sag, outgrow the loving handiwork lavished on them, or otherwise misbehave, can be repositioned with additional clay and re-dressed with more moss.

Good luck!

□

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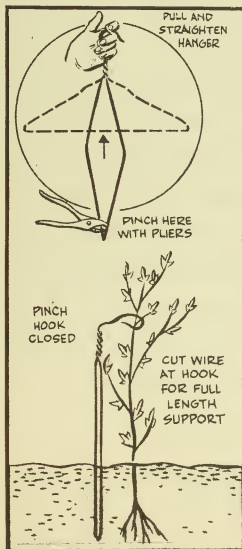
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# SEDUMS

Photo from California Garden files

by Dorothy Dunn

**Dorothy Dunn** is a member of the *Palomar Cactus & Succulent Society* and lectures to groups on both cacti and succulents.

The genus *Sedum* is virtually international in scope. The extremely diverse geographical range is probably the widest of all succulent genera; the distribution includes North and South America, Mexico, Africa, Madagascar, the Canary Islands, China, Japan, Russia, Turkey, much of Europe, and even extends to Alaska and Greenland. There are over 600 species to choose from, and although many of these are insignificant annuals or weedy perennials and hold little horticultural interest for us, this still leaves a great variety of plants suitable for any number of landscaping situations. Sedums are often overlooked as a genus to be seriously collected or studied because so many of them are so common and easily propagated, but there are just as many others with interesting and unusual form, coloration, and leaf texture worthy of cultivation. Their name is taken from the Latin word *sedare*—"to assuage or soothe"; the juicy leaves were apparently at one time used as a soothing application for aches and pains.

Sedums range in size from the vigorous, shrubby, *S. praealtum*, which is probably one of the most common of all succulent plants, down to the tiny mat-forming varieties such as *S. dasyphyllum*, *S. brevifolium*, and *S. moranense*. In between these extremes can be found a bewildering variety of sizes and shapes, including such easy and popular ground cover types as *S. guatemalense* (or *rubrotinctum*); hanging-basket subjects such as *S. sieboldii*, *S. craigii*, and the immensely-popular *S. morganianum* (burro's tail) and its newer counterparts *S. burrito*\* and the 'Giant' and 'Super' burro's tails; and the smaller shrubby species such as *S. treleasei*, *S. adolphii*, *S.*



*Sedum pachyphyllum*

*cremnophylla*, and *S. pachyphyllum*. More challenging and intriguing species include the winter-deciduous dwarf-tree types from Mexico (of which *S. frutescens*, *S. oxypetalum*, and *S. torulosum* are the most frequently grown examples), which grow naturally into excellent bonsai-like forms. The miniature Algerian species *S. multiceps* (miniature Joshua tree), which rests in the summer after blooming, should also be mentioned with this group. Of the slower-growing, more difficult species *S. hintonii* and *S. furfuraceum*

are outstanding subjects to be collected. New species are still being discovered in the vast and largely un-botanized mountain ranges of western Mexico, and one of the loveliest and most recent finds in this area is the echeveria-like *S. suaveolens*, collected for the first time by Myron Kinnach in January, 1976.

Because of their tremendous geographical range and variety of habitats, there are sedums that will tolerate temperature extremes from tropical to well below freezing. Many of the hardy Old World species (stonecrops), which have been grown as rock garden plants for centuries, come from fairly high altitudes and are considered as alpine. However, most of the Mexican, South American, and Pacific Coast species are frost-tender.

Most sedums tolerate average to poor soils (in fact, some take on more intense coloration when grown in poor soil), but the Mexican species such as *S. frutescens* and *S. oxypetalum*, which grow on old lava flows in small pockets of dirt in the wild, are ill-equipped to withstand heavy soils or poor drainage in cultivation.

Pests are not many; the usual aphids and mealybugs may attack sedums, and nematodes can be a problem on the roots of older plants. For this reason they should be re-propagated from time to time. The propagation of most species is almost ridiculously easy from either cuttings or leaves. They hybridize readily among themselves, and also with echeverias (x *Sedeveria*) and pachyphytums (x *Pachysedum*). Closely related genera include *Villadia* and *Orostachys*.

Most sedums need full sun to bring out their beautiful colors and to maintain a more compact growth habit. Possible exceptions to this would include *S. multiceps*, *S. hintonii*, *S. morganianum* and its varieties, *S. sieboldii*, and *S. spathulifolium*.

Because of the size and diversity of the genus the flowers of sedums may vary somewhat, but they are generally more or less star-shaped in form, and range in color from white through yellow to pink and, rarely, red.

Sedums will provide your garden with colorful, low-maintenance material for many different situations, including dish gardens, ground covers, hanging baskets, containers, and landscape shrubbery, so do not categorically dismiss them as being "too common." You will find many of them very rewarding to grow. □

\*

This plant of unknown origin puzzled collectors until 1977, when **Dr. Reid Moran** of the San Diego Natural History Museum determined that it was a new species closely related to, but distinct from, *S. morganianum*. He named it *Sedum burrito*, "despite some culinary associations." This is not the burrito we eat.



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## HERB ARRANGEMENTS

by ADRIENNE GREEN



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CERAMIC BIRDS ON DRIFTWOOD OF PEPPERMINT & GERANIUM



Adrienne Green is an accredited flower show instructor and a life member of the *National Council of State Garden Clubs, Inc.*



# Planning a Vegetable Garden?

by Allethe Macdonald

FALL IS AN excellent time to start one. In this Mediterranean climate one can expect to have sufficient warm weather to give a good start to many vegetables that will mature when the days are short and the nights are cool. In warmer areas near the coast it is not too late to plant, in a bright and warm place, a last crop of warm weather vegetables.

Vegetable gardening can be fun and relaxing, as well as profitable. However, location and proper soil preparation are key factors in success.

**Location:** Vegetables require sun, so locate your garden in as much sun as possible. In general, as you decrease the number of hours of sun, you will decrease the crop potential. However, a few leafy vegetables such as lettuce and chard will flourish in partial shade.

**Site Preparation:** Remove all weeds, debris, and large rocks; then rough grade the site so it will drain slightly toward the south. If weeds are thick it would be wise to consider using a soil sterilant to kill existing weed seeds (remembering that the process takes two to three weeks). The use of a soil sterilant also tends to reduce problems with soil-borne organisms, nematodes, and soil diseases.

**Soil Preparation:** To develop a rich friable soil in our area, it is necessary to add generous amounts of such organic materials as compost, manure, nitrogen treated wood products, or commercial humus. Mix in some pre-plant (slow release) fertilizer. Spread these over the garden space, then use a spade or rototiller to blend everything evenly throughout the top 6 to 9 inches of soil. For peas a trench 14 to 18 inches deep should be dug.\* Organic material keeps the soil from compacting, allows air, water, and nutrients to penetrate, and provides for deep rooting. Our nurseryman recommends, for every 200 square feet of garden:

- 5 bags of humus mulch,
- 10 pounds of iron sulphate,
- 2 pounds of pre-plant fertilizer, and
- 5 pounds of vegetable food.

**Planting:** Thoroughly wet the soil two or three days prior to planting; let the soil dry enough so it can be worked without compacting. Plant crops in

north-south rows at spacing recommended. Carefully follow directions on seed packets. Experienced gardeners plant radish seeds with other seeds because radishes come up first, break the crust, and keep the soil open so other seeds come up better. Then they enjoy the radishes while the carrots or whatever are maturing.

If you are planting sets from the nursery, remove them from the pony pak and with your fingers gently break apart the roots, damaging as few as possible. Set plants in, tamping soil firmly around them, and water with half-strength fertilizer solution to which vitamin B-1 has been added in the prescribed amount.

**Fertilizing:** As soon as seedlings are 1 to 2 inches high, side dress with a vegetable fertilizer. Thereafter an application every three to four weeks should be sufficient.

**Watering:** Check the soil for moisture content, remembering that a constantly soggy soil is as harmful as a powder dry soil. On dry hot windy days the seed bed may need daily sprinkling. As the roots grow deeper you may need to water less often but be sure to soak thoroughly. A thick layer of mulch helps to conserve moisture. Later as the days become cooler strips of black plastic may be used to prevent loss of moisture. These strips of plastic also blot out weeds, prevent crusting, and raise the temperature of the soil around the roots.

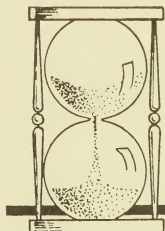
**Insects and Diseases:** Check every day or two for insect and disease damage. Often hand picking will take care of insects in a small garden, but there are pesticides with relatively low toxicity available.

**Vegetables to Plant:** See *Now is the Time* on page 157.

There are many advantages to having a fall garden. For one thing, there are fewer insects to contend with at this season and it certainly is a satisfaction to be picking your own edible pod peas when they are priced in the market at more than \$3.00 a pound! □

\*Sugar Snap, *The Gourmet Pea*, California Garden, Sept-Oct 1979.





# NOW IS THE TIME

Penny's compilation of this feature is one of her many contributions to this magazine. She grows most of the plants and is knowledgeable on all of them. At last count, Penny is a member of seven plant societies.

## **BONSAI** DR. HERBERT MARKOWITZ

Now is the time—

- to adjust watering schedule according to the varying weather changes—hot dry windy days may require two or three daily waterings of shallow pots. However, if weather cools off do not over-water.
- to protect deciduous trees from leaf burn and untimely resprouting, move trees to a shady, cool location.
- to stop fertilizing in order to encourage the tree to get ready for winter dormancy. Feed  $\frac{1}{2}$  strength to those trees still showing signs of being in their growth cycle (showing new leaves or buds).
- to trim conifers and pines. Also trim and shape your deciduous trees—remove wires if they are cutting in.
- to transplant those specimens requiring a change of pot or new soil; but no drastic removal of root system—wait until spring.
- to fertilize lightly or not at all in October if you have fertilized in September.

## **BROMELIADS** (Pineapple Family) LINDA PRELL

Now is the time—

- to protect plants from hot sun. Watch for sunburn spots and move plants under trees or shade cloth.
- to maintain humidity around the plants by misting, especially on hot, dry, windy days.
- to remove offsets that have reached  $\frac{1}{3}$  the size of parent plant. The warm weather will give the plant a good start before winter.
- to feed plants with a balanced fertilizer, used half strength, when you water. This is the growing season.
- to watch for snails and insects. Put bait around plants, not in the cups. Spray for aphids and scale on blooms or offsets.
- to keep cups clean and filled with water.
- to keep your blooming plants indoors or place where cool, so the inflorescence will last longer.

## **CACTI & SUCCULENTS** RICHARD LATIMER

Now is the time—

- to keep the moisture level up if dry hot winds occur, but otherwise start hardening plants.
- to give winter-active succulents their first waterings when they are ready—conophytums will break out of their protective shells; fenestrarias will begin to wrinkle when they need water; pelargoniums will come into leaf.
- to take immediate action if insect pests attack your succulents. Look for scale on opuntia pads and other cacti stems—use alcohol to eliminate this pest; spray with full strength or by dabbing with cotton swabs.
- to let summer-active succulents become dormant around October 1st. Such cacti as the opuntias and mammillarias; summer growing mesemb, stapeliads, euphorbias, cyphostemmas, anacampseros, and senecios. These plants should be shielded from the coming rains.
- to enjoy the blooms of your crassula, stapeliad, and living rock (both cacti and mesemb).

## **CAMELLIAS** LES BASKERVILLE

Now is the time—

- to maintain even moisture—do not allow plants to dry out during hot dry windy weather—keep moist but NOT wet.
- to start and maintain a disbudding program; leave no more than one bud on a tip.
- to feed monthly with 2-10-10 fertilizer.
- to give a feeding of iron.
- to maintain a regular spraying program.
- to start “gibbing” hybrids and reticulatas about the first of September.

**DAHLIAS ABE JANZEN**

Now is the time—

- to maintain a regular spraying program—watch for red spider and mildew.
- to feed with potash in October to promote root growth— aids tubers to keep better during winter.
- to clean up old leaves and stalks, preparing for fall and winter storage.
- to maintain a regular watering program until first of October, then cut down gradually.

**EPIPHYLLUMS (Orchid Cacti)**

GRANATOWSKI

Now is the time—

- to maintain good grooming of plants; eliminate unsightly and non-productive branches—thus conserving energy for the plant in general. Remember the healthier branches will produce stronger blooms next spring.
- to protect plants from excessive direct sunlight.
- to prevent the soil from drying out—an occasional misting or spraying of foliage can be very beneficial.
- to protect new growth from wind damage.
- to practice preventive maintenance of insect control by spraying with malathion, Cygon, or Orthene. Be SURE to READ and FOLLOW directions on labels!
- to protect the apples (seed-pods) that you have so religiously protected from pilferage by blue jays who are especially fond of the ripened fruit. In some cases rats have been known to feast on these delicacies.

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**FERNS RAY SODOMKA**

Now is the time—

- to water and maintain humidity by keeping surrounding areas damp. Beware of the dry hot winds.
- to fertilize plants regularly—use a high-nitrogen fertilizer.
- to spray for scale and aphids; keep snails, pill bugs, and slugs under control.
- to trim spore of all varieties.
- to trim off dead fronds, keep the plants well groomed.
- to feed your house fern (Boston fern) with 1/8th strength fertilizer every week—maintain humidity around your plant with saucer pots or pebbled saucer.
- to repot your house plant to next size pot if overcrowded.

**GERANIUMS CAROL ROLLER**

Now is the time—

- to continue feeding a balanced fertilizer dissolved in water, using at half the recommended strength every 4th or 5th watering or as often as needed to keep plants growing well.
- to water when plants become somewhat dry, but watering thoroughly so that the excess flows out the drainage holes.
- to continue a pest control program for insects, slugs, and snails—using products according to the manufacturers' directions.
- to keep plants free of debris by removing faded flowers and discolored leaves.
- to begin pruning. On regals and similar types, at least one green leaf should be left on each stem.
- to make cuttings and give them shelter from extreme elements.
- to continue to rotate pots on a regular basis in order to produce symmetrical plants.

**GESNERIADS (African Violet is one of many) MIKE LUDWIG**

Now is the time—

- to protect plants from the changing angle of the sun.
- to control red spider mites in dry hot weather—use a spray such as kelthane to destroy them.
- to sterilize your greenhouse to ready it for new plants brought in. Less food will keep plants from growing as you prepare them for winter.
- to withhold water from achimenes to produce rhizomes. Store in vermiculite after they are prepared.
- to control any pest problems—this will keep them out of the greenhouse. Be sure to check your plants or any new ones before moving them around so you do not spread disease or any pests.

**HEMEROCALLIS (Daylily) SANFORD ROBERTS**

Now is the time—

- to prepare planting areas for spring plants—spade deeply and incorporate organic compost. Mix thoroughly.
- to remove dead bloomstalks and foliage; to clean growth of aphids or other insects that may seek refuge in masses of spent foliage.
- to water plants only if soil is dry. Extremely hot days with copious watering can induce rot easily. Once rot has begun in a clump—dig up entire clump, dry out the fans by burying in sand that is not moist, then replant in late fall.
- to plant seed in good potting soil in 4-inch pots or larger, and water soil thoroughly to promote satisfactory germination. Wait until warm days of spring before planting seedlings in garden.
- to wait until February to divide clumps. Better growth is obtained by early spring divisions and replanting.

## IRIS SAN DIEGO—IMPERIAL COUNTIES IRIS SOCIETY

Now is the time—

- to still divide and plant clumps of tall bearded iris.
- to plant beardless iris—spurias, Siberians, Louisianas, and Japanese varieties. Keep moist until well established.
- to feed established tall-bearded.
- to clean up beds and discard old fans and debris.
- to control slugs and snails.
- to plant Dutch iris in October for spring bloom.

## ORCHIDS CHARLIE FOUQUETTE

Now is the time—

- to spray and mist during hot dry windy weather to maintain humidity and moisture.
- to continue watering and general feeding programs.
- to start feeding cymbidiums low nitrogen fertilizer—buds are starting to form.
- to clean up greenhouses and/or hot houses, and to check heat and humidity controls.
- to feed phals 30-10-10 solution.
- to keep phals and vandaceous plants damp because they have no water storage facilities.
- to watch for snails, mealy bugs, scale, and mites—can use malathion.
- to stop feeding nobile dendrobiums nitrogen when canes reach maturity or terminal leaves mature.
- to watch for water in cattleya sheaths; be careful to prevent water collection.
- to be aware of drastic weather changes and act accordingly.

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## ROSES BRIAN DONN

Now is the time—

- to trim any overly tall growth in early September and tidy up straggly growth, while cutting spent blooms.
- to continue your feeding program until mid-October.
- to water well and give a top dressing of manure.
- to get most sensational individual blooms, remove side-buds as soon as they are noticed. Some varieties produce more than others.
- to spray regularly to control pests and fungi; do a thorough clean-up spraying for mildew, rust, etc. (Funginex is excellent).
- to attend some fall shows and participate with your best blooms.

## VEGETABLES GEORGE JAMES

Now is the time—

- to transplant to the garden started plants of cool season vegetables such as cabbage, broccoli, Brussels sprouts, Chinese cabbage, cauliflower, chard, kale, and lettuce.
- to plant seeds of vegetables that grow when the days are short and the nights cool, such as beets, carrots, turnips, kohlrabi, lettuce, radish, rutabaga and spinach.
- to thin seedlings of the above as directed by the instructions on the seed packet.
- to plant seeds of peas (if you haven't already done so, try one of the new edible pod varieties), mustard, lettuce, and all the root vegetables.
- to plant seeds of bush green or wax beans, realizing early cold could shorten the bearing period. These need 50 to 60 days to come to bearing and should be planted in a bright and warm location.
- to try (from seeds) broad beans, that may also be known as fava bean, Windsor bean or horse bean; these resemble lima beans, are cooked the same way, and grow the best during the cool months.
- to water deeply, not by sprinkling though, so that plants do not suffer when the weather is hot. This will save water also.
- to harvest vegetables frequently while their quality is best; also this will encourage them to continue bearing.
- to continue to fertilize and to control weeds so the vegetable plants can grow to their fullest and produce top quality edible parts.



## GREEN THUMB

Now is the time—

- to prepare bulb beds with humus and start looking for bulbs in nurseries. It is too early for most bulbs to be planted, but if purchased might be placed in an extra refrigerator for a few weeks before planting.
- to dust and stake chrysanthemums, but do not pinch tips any more; disbud for large blooms on those varieties.
- to divide Shasta daisies and transplant belladonna lilies after blooming.
- to mulch acid loving plants using peat moss or ground bark.
- to feed well established shrubs with a balanced fertilizer; water thoroughly.
- to plant winter sweet peas.
- to plant some spring flowers: calendulas, cinerarias, Iceland poppies, snapdragons, pansies.
- to plant in October watsonias, scillas, jonquils, and some daffodils.



## BOOK REVIEW

Reviewed by *Russell MacFall*

*Perennials in Your Garden*, by Alan Bloom. Chicago: Floraprint U.S.A., 1981, 144 pages, \$14.95

*Alpines in Your Garden*, by Alan Bloom. Chicago: Floraprint U.S.A., 1981, 126 pages, \$14.95

Alan Bloom is one of the most widely known writers about the subject of these two books, which were first published in France, although Bloom's nursery is in Norfolk, England. Both books have been revised by Derek Fell to make their information applicable to climatic conditions in the United States. *Perennials in Your Garden* contains more than 250 color photographs of hardy perennials and describes perhaps as many more, and Bloom's other volume adds 230 more to the list. Many of these are designed to teach proper plant arrangement for desirable effects in borders, island gardens, raised beds, rock gardens, and terraces, with diagrams of foundations and diversification of colors, etc. In effect, the books are highly desirable for their guidance on the landscape as well as for information about plant relationships. Both are large handsome books that again exhibit the British joy in color. □

*Fuchsias in Colour*, by Brian and Valerie Proudley. Blandford Press, Poole, Dorset, 1975, 206 pages, \$12.95

*Garden Flowers*, by Brian and Valerie Proudley. Blandford Press, Poole, Dorset, 1979, 236 pages, \$6.95

(Both distributed in the United States by Sterling Publishing Company, New York.)

The British certainly do well with color, especially flowers in color. The Proudleys, who make their living growing heather, confess that fuchsias are their hobby. Their history of the modern fuchsia is one of the most readable parts of their book, and

the 80 pages of portraits of the flowers themselves are a striking testimonial to the Proudleys' enthusiasm and industry.

*Garden Flowers* is a paperback edition with the same generous display of color as the fuchsia book, but more generally devoted to flower groups. For the gardener searching for an answer to a vexing choice of plant variety, the illustrations will be as useful as a visit to even a favorite dealer. To the rank amateur the Proudleys may seem somewhat wearisome about the details of preparing soil, etc., but perhaps that is the way they grow such flowers as they show.

P.S. The dictionary calls the flower fyoo-sha, accent on the first syllable. □

*Orchids as Indoor Plants*, by Brian and Wilma Rittershausen. Blandford Press, Poole, Dorset, 1980, 90 pages, \$12.95

(Distributed by Sterling Publishing Company, New York.)

Now that orchids have become everyone's plants rather than the darlings of the specialist with an all-glass porch, this book by a couple of second generation British orchid growers should find a broad market. They devote many of their pages to describing the species best fitted for bath to bedroom to living room coffee table and the precise lighting and temperature environments that these temperamental guests demand. Their color illustrations not only picture some of the attractive hybrids but also orchids in settings and glass cases, as well as details of proper rooting and propagating techniques. Several drawings explain repotting, root trimming and cleaning of foliage. □



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